VASTU UNLOCKED

Beginners Guide to Vastu

The No-Demolition Guide to Wealth, Health & Harmony

Practical Room-by-Room Corrections for Modern Indian Homes

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The No-Demolition Guide to Wealth, Health & Harmony

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Disclaimer

This book is intended for educational and informational purposes only. The Vastu Shastra principles, remedies, and recommendations presented in this book are based on traditional Indian architectural wisdom and the practical experience of the author.

Vastu corrections described in this book are non-demolition remedies. They do not require structural changes to your property. However, individual results may vary depending on the specific characteristics of your property, its surrounding environment, and other factors.

This book does not replace a personalised Vastu consultation. For serious property concerns, health issues, or significant life decisions, the author recommends seeking a professional Vastu consultation tailored to your specific situation.

The author and publisher shall not be held liable for any damages, losses, or adverse effects arising from the application of any information, techniques, or suggestions presented in this book. Readers assume full responsibility for their actions.

All case studies and examples in this book are based on real consultations but have been anonymised to protect client privacy. Names, locations, and identifying details have been changed.

For every homeowner who was told

"Break that wall" or "Demolish that room"

when all they wanted was peace in their home.

There is always a better way.

Table of Contents

Disclaimer 4
Table of Contents 6
Preface 10
Chapter 1: What Is Vastu Shastra, Really? 12
Beyond Superstition: The Science of Space 12
The Five Elements: Nature Inside Your Home 13
Directions: Your Home Has a Personality 13
Why Your Grandfather's Vastu Rules May Not Work 14
What Vastu Can and Cannot Do 15
Chapter 2: The 16 Zones — Your Home's Energy Map 17
Why 4 Directions Are Not Enough 17
The 16-Zone Directional Framework 17
How to Map Your Home 19
Zone Imbalances: What Goes Wrong and Why 20
Chapter 3: The Vastu Purusha — The Soul of Your Home 22
Who Is the Vastu Purusha? 22
Why This Matters Practically 22
The Brahmasthan: The Heart You Must Not Block 23
The Mandala as a Diagnostic Tool 24
Chapter 4: Common Vastu Mistakes in Modern Homes 26
Mistake 1: Toilet in the North-East 26
Mistake 2: Kitchen in the North or North-East 27
Mistake 3: Master Bedroom in the South-East 27
Mistake 4: Cluttered Brahmasthan 28
Mistake 5: Main Door in the South or South-West 28
Mistake 6: Staircase in the Centre or North-East 29
Mistake 7: Mirrors Facing the Bed 29

Mistake 8: Water Leaks and Dripping Taps 30
Chapter 5: Vastu for Money and Financial Growth 32
The Money Zones in Your Home 32
Why Money Gets Stuck 33
Money Correction Protocol 34
Real-Life Scenario 35
Chapter 6: Vastu for Career and Professional Growth 37
Career Zones in Your Home 37
Your Work-from-Home Setup 38
If You Work in an Office 39
Real-Life Scenario 39
Chapter 7: Vastu for Relationships and Family Harmony 41
The Relationship Zones 41
The Master Bedroom: Where Relationships Are Made or Broken 42
Family Dynamics and Room Assignments 43
Common Relationship Fixes 44
Chapter 8: Vastu for Apartments and Flats 45
Apartment Vastu: Key Principles 45
Room-by-Room Guide for Apartments 46
Flat Selection Checklist 47
Chapter 9: Vastu for Office and Business 49
Key Zones for Business 49
Owner / CEO Seating 50
Staff and Team Placement 50
Retail Shop Vastu 51
Real-Life Scenario 52
Chapter 10: Non-Demolition Remedies — The Vardhini Vastu Approach 54
The Science Behind Non-Demolition Corrections 54
The Five Correction Tools 55

Zone-by-Zone Correction Guide....56
How Long Before Corrections Work?.... 58
Chapter 11: Vastu for Health and Well-Being 60
Health Zones and Body Connections 60
Sleep Direction and Health 61
Health Correction Protocol 61
Chapter 12: Vastu for Plots and New Construction 64
Choosing the Right Plot 64
Construction Guidelines....65
Chapter 13: Vastu Myths and Superstitions — What to Ignore . 68
Myth 1: South-Facing Homes Are Unlucky 68
Myth 2: You Must Have a North-East Entrance 69
Myth 3: Keeping a Fish Aquarium in the North-East Brings Wealth.... 69
Myth 4: Pyramids and Yantras Fix Everything 69
Myth 5: Vastu Only Works If You Believe in It 70
Myth 6: Tuesday and Saturday Are Bad Days to Start Construction 70
Myth 7: Placing a Swastik or Om Symbol on the Door Fixes Vastu 71
Chapter 14: The Vardhini Vastu Method 72
The Four Pillars 72
How a Vardhini Vastu Consultation Works 74
Why This Method Works....74
Chapter 15: Case Studies — Real Corrections, Real Results 76
Case Study 1: The IT Professional Who Could Not Get Promoted 76
Case Study 2: The Restaurant That Was Bleeding Money 77
Case Study 3: The Couple on the Verge of Divorce 77
Case Study 4: The Child Who Stopped Studying....78
Case Study 5: The NRI Whose Investment Property Was Draining Wealth 79

Chapter 16: Your 30-Day Vastu Action Plan 81
Week 1: Assess and Map (Days 1 to 7) 81
Week 2: Quick Wins (Days 8 to 14) 81
Week 3: Zone Corrections (Days 15 to 21) 82
Week 4: Fine-Tuning and Maintenance (Days 22 to 30) 83
About the Author 85
Vardhini Vastu Services 86
A Request to the Reader 88

Preface

I have spent over a decade helping people fix their homes. Not with hammers. Not with demolition crews. With knowledge, precision, and the courage to challenge what most Vastu consultants take for granted.

When I started practising Vastu, I noticed something troubling. Almost every consultant I met had the same solution for every problem: break a wall, shift a door, demolish a bathroom. For someone living in a rented apartment or a recently purchased flat, this advice was not just impractical. It was cruel.

I asked myself a simple question: if Vastu is truly a science of energy and space, why should the solution always involve destruction?

That question led me down a path that changed everything. I went back to the source texts. I studied the classical Sanskrit treatises on architecture and spatial design. I analysed hundreds of floor plans using degree-accurate compass readings and 16-zone directional mapping. And I discovered something that most modern Vastu practitioners either do not know or choose to ignore: the original texts were never about demolition. They were about balance.

This book is the result of that discovery.

In the pages ahead, you will learn a practical, rule-based system of Vastu Shastra that works in modern homes, apartments, and offices. Every principle is grounded in classical knowledge. Every remedy can be applied without breaking a single wall. And every

chapter is written to help you take action today, not after an expensive renovation.

I wrote this book for the homeowner who suspects something is off but does not know where to look. For the professional whose career feels stuck despite hard work. For the business owner whose shop or office bleeds money no matter what they try. And for the NRI who bought a flat in India from overseas and now wonders why nothing feels right when they visit.

You do not need to believe in magic to benefit from this book. You need to believe in space, direction, and the measurable effects they have on the people who live within them.

Welcome to Vastu, as it was always meant to be practised.

Raghavendra Hebbur

Founder, Vardhini Vastu

Bangalore, 2026

Chapter 1: What Is Vastu Shastra, Really?

Beyond Superstition: The Science of Space

Most people hear the word "Vastu" and think of two things: superstition or demolition. Both are wrong.

Vastu Shastra is an ancient Indian system of spatial design. The word "Vastu" comes from the Sanskrit root "vas," which means "to dwell" or "to live." Shastra means "science" or "system of knowledge." Put them together and you get the science of dwelling. It is a framework for understanding how the spaces we live and work in affect our health, wealth, relationships, and peace of mind.

Think of it this way. You already know that sitting in a dark, cramped room makes you feel low. A room flooded with morning sunlight lifts your mood. A cluttered workspace slows your thinking. A clean, open hall makes you breathe easier. These are not beliefs. They are experiences that every human being has had.

Vastu Shastra takes this basic human experience and builds a precise system around it. It maps directions, elements, and energies to specific zones in your home or office. It tells you which activities belong in which zones and what happens when that alignment is broken.

The Five Elements: Nature Inside Your Home

Vastu is built on the Pancha Mahabhutas, the five great elements of nature. These are not abstract concepts. They are tangible forces that exist in every space:

- **Earth (Prithvi)** — Stability, grounding, physical strength. Governs the south-west zone of your home.
- **Water (Jala)** — Flow, emotions, healing. Governs the north and north-east zones.
- **Fire (Agni)** — Energy, transformation, drive. Governs the south-east zone.
- **Air (Vayu)** — Movement, growth, freshness. Governs the north-west zone.
- **Space (Akasha)** — Expansion, openness, potential. Governs the centre of the home, called the Brahmasthan.

When these five elements are in their correct zones, the home feels alive. Energy flows naturally. People sleep better, earn better, and argue less. When the elements are misplaced, the imbalance shows up as health problems, financial strain, relationship tension, or a persistent sense that something is just not right.

Directions: Your Home Has a Personality

Every home faces a direction. And every direction carries a distinct energy signature. In Vastu, we work with 16 directional zones, not just the basic four (North, South, East, West) or even the eight that most consultants use.

Why 16? Because accuracy matters. A home facing 85 degrees is not the same as one facing 95 degrees, even though both are roughly "East." The first sits in the East-North-East zone. The second sits in the East-South-East zone. The energies are different. The corrections are different. The results are different.

This is why degree-accurate analysis is the foundation of the Vardhini Vastu method. A compass reading that is off by even 5 degrees can lead to the wrong diagnosis and the wrong remedy.

Why Your Grandfather's Vastu Rules May Not Work

Here is a truth that many Vastu consultants will not tell you: the rules that worked for standalone houses on large plots do not automatically apply to modern apartments.

Traditional Vastu was designed for independent homes with open land on all four sides. The main door opened onto a courtyard. The kitchen was a separate structure. The well was in the north-east. The cattle shed was in the north-west.

Now compare that to a 2BHK flat on the seventh floor of an apartment complex in Whitefield. There is no courtyard. The main door opens onto a shared corridor. The kitchen is squeezed next to the living room. And the "north-east" of your flat might be the south-west of the building.

This mismatch is why so many people feel frustrated with Vastu. They follow the rules they read online or hear from a family elder, and nothing improves. The rules were not wrong. They were designed for a different kind of home.

Modern Vastu practice must account for apartment layouts, shared walls, floor levels, surrounding structures, and urban conditions. This book teaches you how.

What Vastu Can and Cannot Do

Let me be direct about this.

Vastu can create conditions that support your goals. It can remove energy blocks that hold you back. It can improve the quality of your sleep, your focus, your family relationships, and your financial flow. It does this by aligning the energies of your space with the natural forces that govern them.

Vastu cannot perform miracles. It will not make you rich overnight. It will not cure a serious illness without medical treatment. It will not fix a marriage where both partners have given up.

Think of Vastu as a multiplier. If you are putting in effort, Vastu makes that effort more effective. If your career is stuck despite hard work, Vastu can remove the spatial blocks that are holding you back. If your health is declining despite good habits, Vastu can address the environmental factors that may be contributing.

But Vastu is not a substitute for action, medical care, or personal responsibility. It is a powerful complement to them.

Do This

✓ Get a reliable compass reading of your home's facing direction (use a good compass app with degree readings)

✓ Note down the exact degree of your main entrance

✓ Observe which rooms feel comfortable and which feel heavy or stagnant

✓ Keep an open mind. Vastu is not magic. It is spatial science.

Avoid This

✗ Do not rely on rough direction guesses ("my home faces East")

✗ Do not follow generic Vastu tips from the internet without understanding your specific layout

✗ Do not assume all problems are Vastu problems. Some issues need a doctor, a financial advisor, or a counsellor.

✗ Do not panic if your home has Vastu defects. Almost every home does. Corrections exist.

Vardhini Vastu Tip: The best time to apply Vastu is when you choose your property. The second-best time is right now. Do not wait for the perfect moment. Start with what you have.

Chapter 1 Self-Audit

☐ Do I know my home's exact facing direction in degrees?

☐ Can I identify the five elements and their zones?

☐ Am I aware of which rooms feel good and which feel off?

☐ Have I stopped relying on generic Vastu advice?

Chapter 2: The 16 Zones — Your Home's Energy Map

Why 4 Directions Are Not Enough

Most Vastu advice you will find online works with four or eight directions. North is for money. South is for stability. East is for health. West is for gains. This is not wrong, but it is dangerously incomplete.

Imagine someone tells you, "Your problem is in the north." The north of your home spans about 90 degrees of arc. That is a quarter of your entire property. What exactly in the north is the problem? The north-north-east? The north? The north-north-west? Each of these sub-zones governs a completely different aspect of life.

Working with just four or eight directions is like a doctor saying, "Your problem is somewhere in your upper body." It might be true, but it is not helpful. You need precision.

The 16-Zone Directional Framework

In the Vardhini Vastu method, we divide every property into 16 distinct directional zones. Each zone spans 22.5 degrees and governs a specific life domain. Here is the complete map:

- **North (337.5° – 360° / 0° – 22.5°)** — Opportunities, new income streams, career growth

- **North-North-East (22.5° – 45°)** — Health recovery, immunity, detoxification
- **North-East (45° – 67.5°)** — Wisdom, clarity, spiritual growth, new beginnings
- **East-North-East (67.5° – 90°)** — Fun, recreation, social connections, happiness
- **East (90° – 112.5°)** — Social status, networking, public image
- **East-South-East (112.5° – 135°)** — Confidence, churning, analytical power
- **South-East (135° – 157.5°)** — Cash flow, money generation, financial strength
- **South-South-East (157.5° – 180°)** — Strength, courage, ability to overcome obstacles
- **South (180° – 202.5°)** — Fame, recognition, relaxation, legal matters
- **South-South-West (202.5° – 225°)** — Waste disposal, clearing of negativity, detachment
- **South-West (225° – 247.5°)** — Stability, relationships, skill mastery, bonding
- **West-South-West (247.5° – 270°)** — Savings, deposits, education, learning
- **West (270° – 292.5°)** — Gains, profits, returns on investment
- **West-North-West (292.5° – 315°)** — Depression zone — banking, intuition, sensitivity

- **North-West (315° – 337.5°)** — Support systems, helpful people, loans, attraction
- **North-North-West (337.5° – 360°)** — Sex, attraction, reproduction, sensuality

How to Map Your Home

Here is a simple process to map your home to the 16-zone framework:

1. Stand at the geometric centre of your home with a compass. Use a reliable digital compass or a professional-grade magnetic compass. Mobile phone compass apps work as a starting reference but are not always accurate enough for precise analysis.
2. Note the exact degree reading when you face the main entrance door from inside looking out. This is your home's facing direction.
3. Now imagine dividing your entire floor plan into 16 equal pie-shaped slices radiating from the centre, each covering 22.5 degrees.
4. Label each slice with its corresponding zone from the list above.
5. Note which rooms, features, and fixtures fall into which zones. Where is your kitchen? Your master bedroom? Your bathroom? Your main entrance?

This mapping exercise is the foundation of every correction you will make. Without it, you are guessing. With it, you have a precise diagnosis.

Zone Imbalances: What Goes Wrong and Why

Every zone can be balanced or imbalanced. An imbalance happens when:

- A heavy object or structure is placed in a zone that needs to be light and open (like a toilet in the north-east)
- A zone is cut, extended, or missing from the floor plan
- The wrong activity is happening in the wrong zone (like a storeroom in the south-east when that zone should be active with fire energy)
- Clutter, darkness, or stagnation blocks the energy of a zone that needs to be active

Here are a few common examples:

- **Toilet in the North-East:** This is one of the most damaging placements. The north-east governs clarity, wisdom, and new beginnings. A toilet here literally drains these energies. People living in such homes often report brain fog, poor decision-making, and a feeling of being stuck.
- **Kitchen in the North:** The north governs financial opportunities. Fire in this zone can burn away income prospects. If you cannot move the kitchen, specific

remedies (covered in later chapters) can reduce the damage.

- **Master Bedroom in the South-East:** The south-east is the fire zone. Sleeping here can cause restlessness, arguments between couples, and disturbed sleep. The ideal master bedroom location is the south-west.

Vardhini Vastu Tip: You do not need to memorise all 16 zones right now. Refer back to this chapter whenever you analyse a specific room. Over time, the map will become second nature.

Chapter 2 Self-Audit

☐ Have I taken a degree-accurate compass reading of my home?
☐ Do I know which zone my main entrance falls in?
☐ Have I identified which rooms are in which zones?
☐ Can I spot any obvious misplacements (toilet in NE, kitchen in N, bedroom in SE)?

Chapter 3: The Vastu Purusha — The Soul of Your Home

There is an ancient concept in Vastu that most consultants mention but few explain properly. It is called the Vastu Purusha Mandala, and understanding it will change the way you see your home forever.

Who Is the Vastu Purusha?

In Vastu tradition, every plot of land and every built structure is inhabited by a cosmic being called the Vastu Purusha. This is not a god you need to worship. It is a metaphor, a powerful one, for the energy body of your home.

Picture a man lying face down on your floor plan. His head is in the north-east. His feet are in the south-west. His right hand extends towards the north-west. His left hand reaches towards the south-east. His torso covers the centre.

This image is the Vastu Purusha Mandala. And every zone of this body corresponds to a different type of energy in your home.

Why This Matters Practically

The Vastu Purusha concept is not decorative mythology. It is a spatial planning tool. When you understand which part of the "body" your rooms occupy, you can predict which areas of your life will be affected by defects in those rooms.

- **Head (North-East):** Intellect, clarity, decision-making. A clean, open north-east supports clear thinking. A blocked or heavy north-east causes confusion and poor judgment.
- **Chest (Centre / Brahmasthan):** Vitality, core health, the heart of the home. This area must be open and unobstructed. Pillars, walls, or toilets in the centre suffocate the home's energy.
- **Stomach (South):** Digestion, processing, recognition. The south zone relates to how you process experiences and gain recognition for your work.
- **Feet (South-West):** Stability, grounding, relationships. Heavy, stable elements belong here. This is where the master bedroom should ideally be.
- **Right Hand (North-West):** Transactions, movement, support. This zone governs movement and helpful connections.
- **Left Hand (South-East):** Fire, energy, money-making. The kitchen ideally belongs here.

The Brahmasthan: The Heart You Must Not Block

The Brahmasthan is the central zone of any property. Think of it as the heart of the Vastu Purusha. In traditional homes, this was the open courtyard. Sunlight fell directly on it. Air circulated freely through it.

In modern apartments, the Brahmasthan often has a wall, a pillar, a staircase, or even a toilet running through it. This is the single most impactful Vastu defect in urban homes.

When the Brahmasthan is blocked:

- The overall energy of the home feels heavy and stagnant
- Family members experience unexplained health issues, especially related to the chest, heart, and digestion
- There is a sense of "ceiling" on progress. No matter what you do, things plateau.
- Arguments increase. Emotional heaviness prevails.

If your home has a blocked Brahmasthan, do not panic. We will cover exact non-demolition corrections in Chapter 10.

The Mandala as a Diagnostic Tool

Here is how to use the Vastu Purusha Mandala in practice:

6. Get your floor plan. A builder's drawing or a hand-drawn plan will work.
7. Overlay the 16-zone map from Chapter 2 onto the floor plan, aligned with your compass reading.
8. Now mentally overlay the Vastu Purusha. Head in NE, feet in SW, right hand NW, left hand SE.
9. Look at where your rooms fall. Is your toilet on the head? Is your storeroom on the chest? Is your kitchen on the feet?
10. Each misalignment tells you what aspect of life is being affected and points you towards the correct remedy.

Vardhini Vastu Tip: The Vastu Purusha is your home's energy blueprint. Treat it as you would treat your own body. You would not put garbage on your head or block your heart. The same logic applies to your home.

Chapter 3 Self-Audit

- ☐ Do I understand the Vastu Purusha layout?
- ☐ Is my Brahmasthan (centre) open and unblocked?
- ☐ Are any heavy structures or toilets in the NE (head) zone?
- ☐ Is the SW (feet) zone stable with heavy elements?

Chapter 4: Common Vastu Mistakes in Modern Homes

If I had to pick one sentence to summarise my experience with thousands of homes, it would be this: almost every modern home has Vastu defects, and most of them are fixable without breaking a single wall.

The purpose of this chapter is not to frighten you. It is to train your eyes. Once you learn to recognise the most common mistakes, you will look at every floor plan differently.

Mistake 1: Toilet in the North-East

This is the most frequently occurring and most damaging defect in Indian apartments. Builders place bathrooms in the north-east corner because it fits their plumbing layouts. They do not consider the energetic consequences.

The north-east is the zone of clarity, wisdom, and new beginnings. It corresponds to the head of the Vastu Purusha. When a toilet sits here, it creates a continuous drain of mental energy.

Symptoms: Confusion in decision-making. Delayed results despite effort. Children performing poorly in academics. A feeling of mental fog that does not lift.

Quick Fix: If you cannot relocate the toilet, keep it impeccably clean at all times. Keep the door closed. Place a natural rock salt lamp or a bowl of sea salt near the toilet entrance. Use earthy

colours (beige, light yellow) inside the bathroom. Ensure adequate ventilation.

Mistake 2: Kitchen in the North or North-East

The kitchen represents fire. The north and north-east represent water and new opportunities. Fire in the water zone creates a clash of elements. It is like lighting a bonfire in a swimming pool. The energies cancel each other out.

Symptoms: Financial stagnation. Money comes in but drains out just as fast. Opportunities appear but never convert. Frequent health issues, especially digestive problems.

Quick Fix: If the kitchen cannot be moved, ensure the cooking stove faces the south-east within the kitchen. Use blue or green elements near the cooking area to introduce water energy. Place a small indoor plant on the kitchen counter if the kitchen is in the NE.

Mistake 3: Master Bedroom in the South-East

The south-east is the zone of fire, activity, and money-making. Sleeping in a fire zone creates restlessness. Couples in SE bedrooms argue more often, sleep poorly, and may face health issues related to heat in the body.

Symptoms: Disturbed sleep. Frequent arguments between spouses. Skin problems or acidity. Restlessness that persists even during holidays.

Quick Fix: Paint the bedroom in cool colours: blues, greens, or whites. Avoid red, orange, or bright yellow in this room. Place heavy furniture (wardrobe, chest of drawers) in the south-west corner of the room. Use cotton or linen bedsheets in light colours.

Mistake 4: Cluttered Brahmasthan

Many apartments have a pillar, wall, storeroom, or staircase running through the centre of the floor plan. The Brahmasthan must be open. When it is blocked, the entire home's energy gets constricted.

Symptoms: General heaviness. Family members feel drained. Progress stalls across all areas: career, finances, relationships. Unexplained anxiety.

Quick Fix: If the Brahmasthan has a structural element that cannot be moved, keep the area around it as clean and open as possible. Use light colours on walls near the centre. Ensure this zone is well-lit. Do not store junk or heavy items near the centre.

Mistake 5: Main Door in the South or South-West

Not all main door positions are equal. A main door in the south or south-west allows stability energy to drain outward. This zone is meant to be heavy, closed, and protective. An entrance here creates vulnerability.

Symptoms: Financial leakage. Difficulty saving money. Feeling of instability or insecurity. Frequent disputes with neighbours or authorities.

Quick Fix: Strengthen the main entrance with a heavy, solid door. Use a bright nameplate. Place a pair of heavy objects (stone statues, large planters) on either side of the door. Ensure the door hinges are well-oiled and the door opens smoothly and fully.

Mistake 6: Staircase in the Centre or North-East

A staircase in the Brahmasthan pierces the heart of the home. A staircase in the north-east creates a heavy, moving structure in the zone that should be light and still.

Symptoms: Family health issues, especially heart and chest-related. Feelings of being pulled in multiple directions. Children feeling unsettled or anxious.

Quick Fix: If the staircase cannot be relocated, paint it in light colours. Ensure it is well-lit with warm white lights. Place a small plant at the base. Avoid storing anything under the staircase.

Mistake 7: Mirrors Facing the Bed

This is one of the simplest yet most overlooked issues. A mirror facing the bed in any bedroom creates a doubling effect on the energies of that zone. In a couple's bedroom, it can introduce the energy of a third person.

Symptoms: Disturbed sleep. Nightmares. Relationship friction. One partner feeling emotionally distant.

Quick Fix: Cover the mirror at night with a cloth. Or reposition it so it does not directly reflect the bed. A wardrobe with a mirror inside the door, which stays closed at night, is an ideal solution.

Mistake 8: Water Leaks and Dripping Taps

In Vastu, water represents wealth and emotional flow. A leaking tap or pipe anywhere in the home is a continuous drain of wealth energy. It sounds simple because it is. Yet thousands of homes have leaking taps that nobody bothers to fix.

Symptoms: Money slipping away on unnecessary expenses. Emotional instability. Wastage of resources, time, and energy.

Quick Fix: Fix every leak immediately. Check taps, pipes, overhead tanks, and toilet flushes. This is the easiest and most cost-effective Vastu correction you will ever make.

Do This

✓ Walk through your home and identify which of these eight mistakes apply

✓ Start with the easiest fixes first: leaking taps, mirror positions, clutter clearing

✓ Make a note of structural issues (toilet in NE, kitchen in N) for deeper correction later

Avoid This

✗ Do not try to fix everything at once. Prioritise the most impactful defects first.

✗ Do not rely on Vastu "products" sold online that promise instant results

✗ Do not ignore the basics (cleanliness, ventilation, lighting) in favour of exotic remedies

Chapter 4 Quick Checklist

- ☐ Check toilet locations against the 16-zone map
- ☐ Check kitchen placement and stove direction
- ☐ Inspect the Brahmasthan for obstructions
- ☐ Check main door direction and condition
- ☐ Remove or cover mirrors facing beds
- ☐ Fix all water leaks immediately
- ☐ Clear clutter from all zones, starting with NE

Chapter 5: Vastu for Money and Financial Growth

Money is the number one reason people come to a Vastu consultant. "I earn well but cannot save." "Business was growing, then suddenly collapsed." "Investments always go wrong." "There is a constant cash crunch."

If you are nodding, you are not alone. And in most cases, the root cause can be traced to specific zones in your home that are either blocked, imbalanced, or activated incorrectly.

The Money Zones in Your Home

In the 16-zone framework, multiple zones relate to financial well-being. Let me map them for you:

- **North (337.5° – 22.5°):** New income, opportunities, career advancement. This zone must be clean, light, and active. Think of it as the "inflow" zone.
- **South-East (135° – 157.5°):** Cash flow, money generation. This is where fire energy creates wealth. The kitchen ideally belongs here.
- **West (270° – 292.5°):** Gains, profits, returns on investment. A balanced west zone ensures that your efforts produce tangible returns.
- **West-South-West (247.5° – 270°):** Savings, deposits, accumulated wealth. This zone must be heavy and undisturbed. It is your vault.

- **South-South-East (157.5° – 180°):** Strength and courage to pursue financial goals. A strong SSE gives you the nerve to take calculated risks.

Why Money Gets Stuck

Money stagnation in a home usually comes from one or more of these patterns:

11. **Blocked North Zone:** When the north is heavy, cluttered, or has a toilet, new opportunities cannot enter. People with a blocked north often find that promotions are delayed, business leads dry up, and financial doors close just as they are about to open.
12. **Fire in the Wrong Place:** When the kitchen or stove is in the north, it burns the opportunity zone. When fire is absent from the south-east, the money-making engine of the home is not running.
13. **Leaking South-West:** The south-west is the zone of stability and accumulation. If this zone has a cut, an extension, or a main entrance, wealth leaks out as fast as it comes in.
14. **Cluttered Centre:** When the Brahmasthan is blocked, the entire circulatory system of the home shuts down. Money may enter but it cannot flow properly through the household.
15. **Water in the Wrong Zone:** Water elements (aquariums, fountains, water purifiers) in the south or south-west drain savings. Water belongs in the north, north-east, or east.

Money Correction Protocol

Here is a step-by-step process to address financial stagnation using the Vardhini Vastu method:

Step 1: Clear the North

Remove all heavy objects, junk, and clutter from the north zone of your home. If there is a storeroom in the north, clean it out. The north must feel light and open. If possible, place a small water element (a clean bowl of water, changed daily) in the true north.

Step 2: Activate the South-East

If your kitchen is in the SE, ensure the stove is clean and functional. Cook regularly. A kitchen that is rarely used weakens the SE fire energy. If your kitchen is not in the SE, place a red or orange object in the SE corner of your living room. A terracotta pot or a red flower arrangement works well.

Step 3: Strengthen the South-West

The SW must be the heaviest part of the home. Place your heaviest furniture here: almirahs, beds with storage, chests. Do not leave the SW empty or light. This zone is your anchor. If the SW has a cut or is missing from your floor plan, place a heavy stone or metal object at the SW corner.

Step 4: Fix Water Leaks

This is non-negotiable. Every dripping tap, running toilet, and leaking pipe is money leaving your home. Fix them today.

Step 5: Check Your Cash Box

If you keep cash or a safe at home, it should be in the south-west, west, or west-south-west zone. The safe should open towards the north (so money "flows in" from the opportunity zone). Never keep a safe in the north-east, south-east, or near the main entrance.

Real-Life Scenario

Suresh (name changed) ran a garment export business from his home office in Electronic City, Bangalore. Despite a strong order book, cash was always tight. Payments were delayed. Expenses mounted. He was on the verge of closing down.

On analysis, his home office was in the north-west zone, his safe was in the north-east, and his kitchen was in the north. Three major financial defects in one property.

Corrections: We moved his working desk to the south zone of the room (for recognition and focus). His safe was relocated to the west-south-west. The kitchen received fire-element corrections since relocation was not possible. Within 90 days, two long-pending payments cleared. Within six months, his monthly turnover increased by 40%.

This was not magic. It was spatial correction applied with precision.

Do This for Financial Growth

✓ Declutter your north zone completely

✓ Activate the south-east with fire elements or regular cooking

✓ Place heavy furniture in the south-west

✓ Fix every water leak in the home

✓ Position your safe to open towards the north

Avoid These Money Drains

✗ Do not place a toilet, dustbin, or broom in the north zone

✗ Do not keep the south-east zone dark, empty, or cold

✗ Do not have water features (aquarium, fountain) in the south or south-west

✗ Do not store broken or non-functional items anywhere in the home

Financial Vastu Checklist

☐ Is my north zone clean, light, and active?

☐ Is my south-east zone energised with fire elements?

☐ Is my south-west zone heavy and stable?

☐ Are all water leaks fixed?

☐ Is my cash box / safe in the correct zone and opening direction?

☐ Have I removed all broken, non-functional items from the home?

Chapter 6: Vastu for Career and Professional Growth

Your career is not shaped only by your skills, qualifications, and effort. The space you work in, and the home you return to, both play a measurable role in whether you advance, stagnate, or decline.

I have consulted with hundreds of professionals who had the talent, the work ethic, and the right opportunities, yet kept hitting invisible walls. Promotions were delayed. Office politics targeted them. Transfers happened at the worst possible time. And the common thread, almost always, was a directional imbalance in their workspace or home.

Career Zones in Your Home

- **North:** Career advancement, new opportunities, upward mobility. This is the primary career zone. A strong north means doors open. A weak north means you keep knocking but nobody answers.
- **East:** Social recognition, networking, public image. If you need visibility in your profession, the east zone must be clean and bright.
- **South:** Reputation, fame, legal standing. Professionals in leadership roles need a strong south.
- **South-South-East:** Courage and confidence. If you hesitate before presentations, negotiations, or confrontations, check this zone.

- **West-South-West:** Skills, education, accumulated knowledge. Professionals preparing for certifications, exams, or skill upgrades need this zone balanced.

Your Work-from-Home Setup

Post-pandemic, millions of Indians work from home at least part of the time. Your home office setup directly affects your productivity, recognition, and career trajectory. Here are the key rules:

16. **Face North or East while working.** These directions activate the opportunity and social recognition zones. If your desk faces south or west, you will work hard but receive less acknowledgment.
17. **Keep the wall behind you solid.** When you work with your back to a window or an open space, it creates a feeling of vulnerability. Place your chair against a solid south or west wall for support and stability.
18. **Never work facing a toilet wall.** If the wall your desk faces has a toilet on the other side, it drains your professional energy. Move the desk.
19. **Keep your workspace in the north, east, or west zone of the home.** A home office in the south-west makes you too comfortable, reducing drive. A home office in the north-east can be good for academic or creative work but not for aggressive business goals.
20. **Ensure your desk is clutter-free.** This is not just productivity advice. In Vastu, clutter on your desk blocks the energy flow of the zone your desk occupies.

If You Work in an Office

Even if you do not control the office layout, you can optimise your own workspace:

- Choose a seat where you face north or east if possible
- Keep the space behind you solid. If your back faces the main office door or a corridor, place a tall plant or a bookshelf behind you.
- Keep a small water element (even a glass of water) on the north side of your desk
- Avoid sitting directly under a beam, which creates downward pressure on your career energy
- Keep your desk drawers organised. A cluttered drawer is a hidden energy block.

Real-Life Scenario

Priya (name changed) was a marketing manager in a Bangalore IT company. Talented, hardworking, and well-liked. But she had been passed over for promotion three times in four years. Her home analysis revealed that her home office desk faced south-west, her back was to a large window, and the north zone of her flat had a storeroom packed with unused furniture.

Corrections: Desk repositioned to face north. A solid bookshelf placed behind her chair. The north storeroom was cleared and repainted in a light blue colour. Within four months, Priya received her promotion and a team lead role.

Do This for Career Growth

✓ Face north or east at your work desk
✓ Keep the north zone of your home clean and active
✓ Place your back against a solid wall while working
✓ Clear clutter from your desk and workspace daily
✓ Ensure good lighting at your work area

Avoid These Career Blocks

✗ Do not face south-west while working at your desk
✗ Do not sit with your back to a window or open space
✗ Do not work in a room that shares a wall with a toilet
✗ Do not allow clutter to accumulate on or around your desk
✗ Do not keep broken or dead electronics on your desk

Career Vastu Checklist

☐ Which direction does my work desk face?
☐ Is the wall behind me solid?
☐ Is the north zone of my home clean and decluttered?
☐ Is my workspace well-lit and ventilated?
☐ Have I removed all broken or unused items from my work area?

Chapter 7: Vastu for Relationships and Family Harmony

A home is not just a shelter. It is a container for relationships. The way a home is structured, the zones in which family members sleep, eat, and spend time together, all of these shape the emotional climate of the household.

I have seen homes where the architecture was beautiful but the family was falling apart. And I have seen modest homes where every member was content, supportive, and thriving. The difference was not money or aesthetics. It was Vastu alignment.

The Relationship Zones

- **South-West (225° – 247.5°):** The primary zone for relationships, bonding, and emotional stability. The master bedroom should ideally be here. The head of the household should sleep here.
- **North-West (315° – 337.5°):** Support, attraction, and helpful people. A balanced NW brings supportive relationships into your life. An imbalanced NW attracts people who take but never give.
- **North-North-West (337.5° – 360°):** Intimacy, physical attraction, sensuality. Relevant for couples who feel the spark has faded.

- **East-North-East (67.5° – 90°):** Fun, recreation, social connections. Important for families that have become too serious and have stopped enjoying time together.

The Master Bedroom: Where Relationships Are Made or Broken

More relationship problems are created in the bedroom than anywhere else in the home. Not because of what happens there, but because of where it is and how it is arranged.

Ideal Master Bedroom Placement

The south-west zone. This is the zone of stability, bonding, and relationship strength. Couples who sleep in a SW bedroom tend to feel more grounded, connected, and secure in their relationship.

Problem Placements

- **South-East bedroom:** Creates arguments, restlessness, and heat in the relationship. The fire energy of the SE is not conducive to rest or intimacy.
- **North-East bedroom:** Creates over-thinking and detachment. One or both partners may become emotionally withdrawn.
- **North-West bedroom:** Creates instability. Relationships feel transient. One partner may travel frequently or feel emotionally absent.

Bedroom Arrangement Rules

21. The bed should have its head towards the south or west wall. Sleeping with the head towards the north can cause disturbed sleep and headaches.
22. Both sides of the bed should have equal space. If one partner is squeezed against a wall while the other has open space, it creates an imbalance in the relationship dynamic.
23. Do not place the bed directly under a beam. Beams create division. A beam running across the middle of the bed is symbolically splitting the couple.
24. Remove all electronics from the bedroom that are not essential. Television screens, laptops, and phones create electromagnetic disturbances that affect sleep quality and emotional connection.
25. Keep the bedroom free of work materials. Laptops, files, and office bags in the bedroom bring work stress into the relationship space.

Family Dynamics and Room Assignments

Where each family member sleeps matters more than most people realise.

- **Head of the household** should sleep in the south-west. This reinforces their authority and stability.
- **Children** do well in the north-west or west zone. These zones encourage growth, movement, and activity.
- **Elderly parents** are best placed in the south or south-west for comfort and rest.

- **Grown unmarried children** in the north-west can encourage them to find their own path and eventually move towards independence.

Common Relationship Fixes

- If arguments are constant, check for fire elements (red colours, heaters, stove-adjacent walls) in the bedroom. Reduce them.
- If one partner feels emotionally distant, check the bed's head direction. Heads pointing north or north-east can cause detachment.
- If intimacy has declined, check the NNW zone. It may be blocked, cluttered, or occupied by a toilet.
- If guests always overstay, the north-west may be too strong. Balance it by adding heavier elements.

Vardhini Vastu Tip: The bedroom is sacred Vastu territory. Treat it as the most important room in your home. A good bedroom Vastu can compensate for many defects elsewhere.

Relationship Vastu Checklist

☐ Is our master bedroom in the south-west zone?
☐ Does the bed's head point south or west?
☐ Is there equal space on both sides of the bed?
☐ Are mirrors covered or positioned away from the bed?
☐ Is the bedroom free of work materials and excessive electronics?
☐ Is the NNW zone clean and unblocked?

Chapter 8: Vastu for Apartments and Flats

This is the chapter most Indian readers need the most. Over 70% of urban Indians live in apartments. And almost all traditional Vastu advice was written for independent houses on open plots.

The mismatch creates confusion. People read that the main entrance should face east, but their flat's entrance opens onto a shared corridor facing the lift lobby. They read that the north-east should be open, but there is a neighbour's flat wall on that side. They read that a well should be in the north-east, but they live on the twelfth floor.

Let me set the record straight: Vastu for apartments is not the same as Vastu for independent homes, and anyone who applies the same rules to both is doing you a disservice.

Apartment Vastu: Key Principles

Principle 1: Your Flat Is Your Universe

In apartment Vastu, we analyse the individual flat as an independent unit. The flat's own facing direction, internal layout, and zone mapping are what matter most. The building's orientation and the flat's position within the building are secondary factors that we layer on top of the primary analysis.

Principle 2: The Main Door Defines the Facing

The direction your main door faces when you stand inside looking out is your flat's facing direction. This is the starting

point. Not the balcony direction. Not the building's gate direction. Your front door.

Principle 3: Shared Walls Do Not Block Energy

A common fear is that shared walls with neighbours block Vastu energy flow. This is not how Vastu works. Energy in Vastu is directional, not physical. The directional energies penetrate walls. What matters is what is placed in each zone within your flat, not what is on the other side of the wall.

Principle 4: Floor Level Adds an Element Layer

Higher floors have stronger air and space elements. Ground and lower floors have stronger earth and water elements. This does not make one better than the other. It means the corrections should account for the elemental bias of your floor level.

Room-by-Room Guide for Apartments

Living Room

Ideally placed in the north, east, or north-east zone. This is the social hub. It should be the brightest, most open room in the flat. Avoid heavy curtains that block natural light. Use light colours: white, cream, light yellow, or light green.

Kitchen

Best in the south-east zone. The stove should be placed so the cook faces east while cooking. If the kitchen is not in the SE, use fire-element corrections: red or orange accents, proper lighting, and ensure the stove is clean and well-maintained.

Master Bedroom

Best in the south-west zone. Bed head towards south or west. Heavy wardrobes in the SW corner of the room.

Children's Bedroom

Best in the north-west or west. Study desk facing north or east. Avoid placing the child's bed with the head towards the north.

Bathroom and Toilet

Least harmful in the south, south-south-west, or west-north-west zones. If the toilet is in the north-east, apply the corrections described in Chapter 4.

Balcony

Balconies in the north or east are excellent. They allow light and opportunity energy to enter the flat. Keep them clean and avoid using them as storage areas. A few healthy plants on a north or east balcony can significantly enhance the energy of those zones.

Pooja Room / Meditation Space

Best in the north-east. This zone naturally supports spiritual activity, clarity, and devotion. The person praying should face east or north-east. If a dedicated room is not possible, a clean shelf or corner in the NE zone of the living room works well.

Flat Selection Checklist

If you are in the process of buying a flat, use these criteria to evaluate Vastu suitability before you buy:

26. Check the flat's main door facing direction. Prefer north, east, or north-east facing flats for general well-being.

27. Check where the toilets are placed. Reject flats with toilets in the exact north-east corner if possible.
28. Check the Brahmasthan. Is the centre of the flat open or does it have a pillar, wall, or toilet?
29. Check the south-west. It should be heavy and enclosed, ideally with the master bedroom.
30. Check the kitchen placement relative to the south-east.
31. Assess natural light. Flats with good light in the north and east zones are preferred.
32. Check surrounding structures. A very tall building to the north or east blocking sunlight is a negative factor.

Vardhini Vastu Tip: When buying a flat, a 30-minute Vastu assessment before signing the agreement can save you years of problems. This is the single highest-value use of Vastu knowledge.

Apartment Vastu Checklist

- ☐ Do I know my flat's exact main door facing direction?
- ☐ Is the toilet located outside the NE zone?
- ☐ Is the centre of the flat relatively open?
- ☐ Is the master bedroom in or near the SW zone?
- ☐ Is the kitchen in or near the SE zone?
- ☐ Is the north or east balcony clean and well-maintained?
- ☐ Is the flat well-lit in the north and east portions?

Chapter 9: Vastu for Office and Business

A business is only as strong as the space it operates from. I have seen companies with brilliant products fail because their office Vastu was working against them. And I have seen ordinary businesses thrive because their spatial alignment was right.

Office Vastu follows the same 16-zone principles as residential Vastu, but the focus shifts from personal well-being to professional outcomes: revenue, growth, team harmony, and client relationships.

Key Zones for Business

- **North:** Business opportunities, client acquisition, revenue inflow. The reception area or main client-facing zone should ideally be here.
- **South-East:** Financial engine. Accounts, billing, and cash handling ideally happen in this zone. The pantry or kitchen is also well-placed here.
- **South-West:** The boss's cabin. The founder, CEO, or senior decision-maker should sit in the south-west zone of the office. This position gives authority, stability, and control.
- **North-West:** Sales team. The NW governs movement, transactions, and attraction. Sales and marketing teams placed here are more effective.

- **West:** Profits and returns. Quality control, project delivery, and output teams do well in the west zone.
- **East:** Public relations, branding, social image. The office entrance facing east creates a strong public impression.

Owner / CEO Seating

Where the business owner sits is the single most important Vastu factor in any office. Get this right and many other defects become less harmful.

33. **Position:** South-west zone of the office. Back towards the south or west wall.
34. **Facing:** North or east. The owner should face the direction of opportunity or social connection.
35. **Behind:** A solid wall. No window, no glass partition, no corridor behind the owner's chair. Support must be solid.
36. **Desk orientation:** The owner's desk should be rectangular and solid. Avoid glass-top desks which lack the earth element needed for stability.
37. **Storage:** Keep important documents, contracts, and valuables in the south-west or west-south-west zone of the owner's cabin.

Staff and Team Placement

- **Accounts and Finance:** South-east or south. These zones support financial precision and cash management.

- **Sales and Marketing:** North-west. The movement and attraction energy of NW drives sales activity.
- **Design and Creative:** North-east or east. These zones support fresh ideas and innovation.
- **Operations and Admin:** West or south. Stability zones that support systematic execution.
- **IT and Server Room:** South-east (fire element, electronics) or west (stability for data).
- **Meeting Room:** North for important negotiations. East for brainstorming sessions.

Retail Shop Vastu

If you run a retail business, shop Vastu is critical:

- **Cash Counter:** Place it in the south-east or south of the shop. The owner should face north or east while sitting at the counter.
- **Display:** Product displays facing the entrance should be bright and well-lit. North and east walls are the best display walls.
- **Storage:** Heavy stock goes to the south-west. Lighter, fast-moving stock can be in the north-west.
- **Entrance:** A wide, well-lit, obstruction-free entrance invites customers. Never block the entrance with furniture, signage poles, or product stacks.

- **Lighting:** Brighter is better for retail. Especially in the north and east zones. A well-lit shop attracts more footfall than a dim one.

Real-Life Scenario

Arun (name changed) ran a restaurant in Koramangala, Bangalore. Despite being in a prime location with good food and positive reviews, the restaurant was barely breaking even. Walk-in customers were few. Online orders were inconsistent.

Analysis revealed the restaurant's cash counter was in the north-west (transaction zone, not accumulation), the kitchen was in the north (opportunity zone being consumed by fire), and the entrance was partially blocked by a large signage board.

Corrections: Cash counter moved to the south-east corner. Kitchen received fire-dampening corrections (green plants, blue lighting accents). The entrance signboard was replaced with a slimmer, well-lit alternative that opened up the walkway. The owner's seat was shifted to face north.

Within 60 days, walk-in customers increased noticeably. By the end of four months, monthly revenue had grown by 35%.

Do This for Business Growth

✓ Place the owner/CEO in the south-west zone facing north or east
✓ Position the accounts/finance team in the south-east
✓ Keep the north zone of the office clean, bright, and client-facing
✓ Ensure the office entrance is wide, well-lit, and unobstructed
✓ Place the sales team in the north-west zone

Avoid These Business Blocks

✗ Do not place the owner facing south or south-west while working
✗ Do not have a toilet in the north zone of the office
✗ Do not keep the cash counter in the north or north-east
✗ Do not store unused or broken furniture in any zone
✗ Do not block the office entrance with signage or furniture

Business Vastu Checklist

☐ Is the owner/decision-maker sitting in the SW zone?
☐ Is the north zone clean, active, and client-facing?
☐ Is the cash counter / accounts area in the SE or S zone?
☐ Is the office entrance clear and well-lit?
☐ Are teams placed in their optimal zones?
☐ Is the Brahmasthan (centre) of the office unblocked?

Chapter 10: Non-Demolition Remedies — The Vardhini Vastu Approach

This is the chapter that sets this book apart from every other Vastu book on the market. This is where we prove that you do not need to break a single wall to fix your home's energy.

The demolition-based approach to Vastu has caused enormous financial and emotional damage to countless families. People have spent lakhs of rupees tearing down bathrooms, shifting doors, and restructuring entire floors, often with no improvement in their situation. Some ended up worse than before, because the demolition itself created new defects.

The Vardhini Vastu method rejects demolition entirely. Every correction in this chapter can be applied using placements, colours, materials, light, water, and spatial adjustments that work within your existing structure.

The Science Behind Non-Demolition Corrections

Why do non-demolition remedies work? Because Vastu is fundamentally about energy balance, not physical structure.

A wall does not create Vastu energy. It channels it. A door does not generate opportunity. It determines which direction opportunity energy enters. A toilet does not produce negative energy. It creates a drain in the energy field of the zone it occupies.

If you understand this, you understand why corrections do not need demolition. To fix a drain, you do not need to remove the drain. You need to strengthen the energy field around it so the net effect is neutral or positive. To redirect energy, you do not need to move a wall. You need to introduce the correct element in the correct position within that zone.

The Five Correction Tools

Every non-demolition correction uses one or more of these five tools:

1. Colour Correction

Colours carry elemental energy. Green and brown carry earth and wood energy. Blue and black carry water energy. Red, orange, and pink carry fire energy. White and grey carry metal energy.

Painting a wall, changing curtains, placing a coloured object, or even using specific-coloured lighting can shift the elemental balance of a zone. This is the gentlest and most widely applicable correction tool.

2. Object Placement

Heavy objects ground a zone. Light objects open it up. Metal objects bring precision. Earthen objects bring stability. Glass and crystal objects bring clarity.

By strategically placing specific objects in specific zones, you can strengthen, weaken, or redirect the energy of that zone. A heavy stone statue in the south-west grounds the stability zone. A brass bowl of water in the north activates the opportunity zone.

3. Light and Darkness

Light activates a zone. Darkness quietens it. Zones that need to be active (north, east, south-east) should be well-lit. Zones that need to be calm (south-west) should have softer lighting.

If a zone is overactive (too much fire in the south-east causing arguments), reducing the light level in that zone can help. If a zone is underactive (a dark, stagnant north blocking opportunities), adding a bright lamp can make a visible difference.

4. Water Elements

Water is one of the most powerful Vastu correction tools. A bowl of water, a small indoor fountain, or even a vase of fresh flowers with water can activate or balance a zone.

Water elements belong in the north, north-east, or east. They should never be placed in the south, south-west, or south-east. Stagnant water is worse than no water. Always keep water elements clean and flowing or changed daily.

5. Salt and Earth Elements

Rock salt, sea salt, and natural crystal formations are used to absorb and neutralise negative energies. A bowl of rock salt placed near a problematic zone (like a toilet in the north-east) can absorb and ground the excess negative energy.

Replace the salt every 15 to 30 days. Do not reuse it. Dispose of the old salt in running water or a drain.

Zone-by-Zone Correction Guide

North-East Zone Corrections

- If the NE has a toilet: Keep it sparkling clean. Place a bowl of sea salt near the entrance. Use light yellow or white colours inside. Keep the door closed at all times.
- If the NE is cluttered: Clear it completely. Make it the cleanest zone in the home. Place a small brass vessel with water here, changed daily.
- If the NE has heavy objects: Move them to the south-west or west. Replace with light, clean items.

South-East Zone Corrections

- If the SE lacks fire energy: Place a red or orange object here. A terracotta lamp, a red flower vase, or a small electric light that stays on during the day.
- If the SE has water elements: Remove them immediately. No aquarium, no water purifier, no blue objects in the south-east.
- If the SE bedroom causes arguments: Paint in cool colours. Use green plants. Place heavy objects in the SW corner of that room.

South-West Zone Corrections

- If the SW is light or empty: Fill it. Place your heaviest furniture here. Wardrobes, chests, heavy beds with under-bed storage.
- If the SW has a cut or is missing: Place a heavy metal or stone object at the point where the SW corner would have been.

- If the SW has a main entrance: Strengthen the entrance with a heavy, solid door. Place heavy planters or statues flanking the door.

North Zone Corrections

- If the north is dark: Add bright lighting. Use a table lamp or LED strip that keeps the north zone visibly brighter than other zones.
- If the north has heavy furniture: Move it. Replace with light, functional items. A small bookshelf or a writing desk is fine. A heavy almirah or fridge is not.
- If the north has a toilet: Keep it immaculate. Place green plants near the entrance. Use earthy colours inside.

How Long Before Corrections Work?

Based on over a decade of consulting experience, here is what most clients report:

- **Minor corrections** (decluttering, fixing leaks, colour changes): Effects noticeable within 21 to 45 days
- **Medium corrections** (furniture repositioning, salt placements, water elements): Effects noticeable within 45 to 90 days
- **Major zone corrections** (addressing structural misalignments with comprehensive elemental balancing): Effects noticeable within 90 to 180 days

Patience is essential. Vastu corrections work by gradually shifting the energy balance of your home. They are not instantaneous because the imbalances did not occur instantly either.

Vardhini Vastu Tip: The best corrections are the ones you maintain consistently. A salt bowl that is never replaced, a water element that goes stagnant, or a decluttered zone that gets cluttered again will undo the correction. Vastu is not a one-time fix. It is an ongoing practice.

Non-Demolition Correction Checklist

- ☐ Have I identified the most critical zone defects in my home?
- ☐ Am I using colour corrections where appropriate?
- ☐ Have I placed objects according to zone requirements?
- ☐ Are water elements clean and in the correct zones?
- ☐ Am I maintaining salt bowls and replacing them regularly?
- ☐ Have I given corrections sufficient time to take effect?

Chapter 11: Vastu for Health and Well-Being

Health is the foundation on which everything else rests. A person earning crores but suffering from chronic illness is not wealthy in any meaningful sense. And Vastu, at its core, was always a health science before it became a wealth science.

The ancient architects who designed the Vastu system understood that the spaces we inhabit have a direct effect on our physical and mental health. Where we sleep, which direction our head faces, how much light enters our home, and what energies surround us all contribute to either healing or harming the body.

Health Zones and Body Connections

- **North-North-East:** Health recovery, immunity, detoxification. When this zone is balanced, the body's natural healing mechanisms work efficiently.
- **North-East:** Mental clarity, headaches, neurological health. A blocked NE correlates with persistent headaches, mental fog, and neurological complaints.
- **Centre (Brahmasthan):** Heart, core health, vitality. A blocked centre can manifest as chest problems, low energy, and chronic fatigue.
- **South-East:** Digestion, metabolism, body heat. An imbalanced SE correlates with digestive issues, acidity, and metabolism disorders.

- **South-West:** Bones, joints, muscular strength. A weak SW can manifest as joint pain, bone density issues, and physical weakness.

Sleep Direction and Health

Where your head points while sleeping has a measurable effect on your health. This is not superstition. The earth has a magnetic field. Your body has iron in its blood. The alignment between the two matters.

- **Head towards South:** Best for health. Aligns with the earth's magnetic field. Promotes deep, restorative sleep. Recommended for the master bedroom.
- **Head towards East:** Good for students and those in creative or intellectual professions. Promotes mental sharpness.
- **Head towards West:** Acceptable. Promotes gains and material comfort but can cause emotional restlessness in some people.
- **Head towards North:** Avoid. The magnetic north of the earth repels the iron in blood moving towards the brain, creating subtle but persistent circulatory stress. Sleeping with the head north is associated with disturbed sleep, headaches, and long-term health issues.

Health Correction Protocol

For Persistent Illness

38. Check the NNE zone. Is it clean, light, and well-ventilated? Clear any clutter, heavy objects, or dark spaces from this zone.
39. Check the Brahmasthan. Is it open? Place a small light or lamp in the centre of the home if it is dark.
40. Check the bedroom. Is the bed head pointing south or east? Reposition if pointing north.
41. Check for water stagnation. Stagnant water anywhere in the home is a health hazard in Vastu. Remove dead flower water, unclean fish tanks, and water that has been sitting in pots for days.

For Mental Health and Stress

42. Brighten the north-east zone. Add a lamp, open curtains, and let natural light in.
43. Declutter the entire home, room by room. Physical clutter is directly correlated with mental clutter.
44. Remove dark, heavy curtains. Replace with light, breathable fabrics that allow air and light to flow.
45. Add living plants to the north, east, and north-east zones. Plants introduce prana (life energy) into the space.
46. Spend time in the north-east corner of your home each morning. Even five minutes of quiet sitting in this zone can calm the mind.

For Digestive and Metabolic Issues

47. Check the south-east zone. Is the kitchen here and functioning well? Is the stove clean and regularly used?

48. Remove any water elements from the south-east.
49. Add fire elements if the SE is weak: a candle, a terracotta lamp, or warm-toned lighting.
50. Eat your main meals facing east if possible. This aligns the body's digestive fire with the directional energy of the east.

Vardhini Vastu Tip: Health improvements from Vastu corrections are supportive, not curative. Always continue medical treatment as prescribed by your doctor. Vastu works alongside medicine, not instead of it.

Health Vastu Checklist

- ☐ Is the NNE zone clean and well-ventilated?
- ☐ Is the Brahmasthan open and well-lit?
- ☐ Does the bed head point south or east?
- ☐ Is there any stagnant water in the home?
- ☐ Is the north-east zone bright and decluttered?
- ☐ Is the kitchen clean and the south-east zone active?

Chapter 12: Vastu for Plots and New Construction

If you are fortunate enough to be building from scratch, you have a rare opportunity. You can design a home that is right from the ground up. Getting Vastu right at the construction stage is ten times easier and a hundred times more effective than correcting defects in an existing structure.

Choosing the Right Plot

Not all plots are equal. The shape, slope, surrounding environment, and directional orientation of a plot all affect the Vastu of any structure built on it.

Plot Shape

- **Square plots** are ideal. All four zones are proportional. Energy is balanced.
- **Rectangular plots** are good, especially if the longer side runs north-south.
- **Irregular plots** (L-shaped, T-shaped, triangular) create missing zones. The missing zone determines which life area will be permanently weak unless corrected.
- **Road-hit plots** (where a road points directly at the plot like an arrow) need careful analysis. Some road hits are positive and some are damaging, depending on the exact direction.

Plot Slope

- **Ideal:** Higher in the south and west, sloping down towards the north and east. This allows water and energy to flow towards the opportunity and growth zones.
- **Acceptable:** Level plot with no significant slope.
- **Problematic:** Higher in the north and east, sloping towards the south and west. This reverses the natural energy flow and can cause financial and health problems.

Surrounding Environment

- A tall building to the south or west is protective. It provides the heavy, stable energy these zones need.
- A tall building to the north or east blocking sunlight is restrictive. It limits the light and opportunity energy that should enter from these directions.
- A temple, school, or park to the north-east is auspicious. These structures carry positive sattvic energy.
- A graveyard, slaughterhouse, or industrial plant nearby creates heavy tamasic energy that affects the plot regardless of internal Vastu.

Construction Guidelines

Once you have selected a plot, follow these construction principles:

51. **Dig the foundation in the north-east first.** Start all excavation from the NE corner and move towards the SW.

52. **The south-west must be the highest point of the structure.** If the building has multiple levels, the SW should be the tallest.

53. **Place the main entrance based on precise degree analysis.** Not every position on the east or north face is good. Only specific degree ranges are auspicious for entry points.

54. **Allocate rooms according to the 16-zone framework.** Kitchen in SE. Master bedroom in SW. Living room in N or E. Pooja room in NE.

55. **Keep the Brahmasthan open.** Design the floor plan so that the centre is an open courtyard, atrium, or at minimum a well-lit, unobstructed space.

56. **Place the water sump or underground tank in the north or north-east.** Overhead tanks should be in the south-west or south for structural stability.

57. **The staircase should be in the south, south-west, or west.** Avoid placing it in the north-east or centre.

58. **Ensure the compound wall is highest in the south-west direction.** This grounds the stability of the entire plot.

Vardhini Vastu Tip: If you are building a new home, invest in a professional Vastu consultation before the architect draws the first line. Correcting a plan on paper is free. Correcting a built structure is expensive.

New Construction Checklist

☐ Is the plot shape regular (square or rectangle)?

☐ Does the plot slope towards the north and east?

☐ Is the surrounding environment free of tamasic influences?

☐ Is the main entrance in an auspicious degree range?

☐ Is the kitchen planned for the SE zone?

☐ Is the master bedroom planned for the SW zone?

☐ Is the Brahmasthan open in the floor plan?

☐ Is the water tank planned for the NE (underground) and SW (overhead)?

Chapter 13: Vastu Myths and Superstitions — What to Ignore

Vastu Shastra has been practised for thousands of years. In that time, a significant amount of superstition has been layered on top of the original science. Separating genuine Vastu principles from myths is critical if you want real results.

This chapter covers the most common Vastu myths that circulate online, in family conversations, and even from some consultants. Understanding what is not true is just as important as understanding what is.

Myth 1: South-Facing Homes Are Unlucky

This is probably the most damaging myth in popular Vastu. It has caused millions of people to reject perfectly good homes and pay premiums for north or east-facing properties.

The truth: there is nothing inherently wrong with a south-facing home. The south zone governs fame, recognition, and legal protection. A south-facing home with correct internal Vastu can be excellent for professionals in leadership, law, entertainment, or public life.

What matters is the exact degree of the facing direction and the internal layout. A south-facing home at 185 degrees is different from one at 205 degrees. The broad label "south-facing" tells you almost nothing useful.

Myth 2: You Must Have a North-East Entrance

Many families will only buy a home with a north-east entrance. While the NE is a positive zone for an entrance, it is not the only good option. North, east, and certain degree ranges within the south-east and north-west can also produce excellent results.

A NE entrance in a home where the rest of the Vastu is badly misaligned will not save you. And a west-facing home with perfect internal Vastu can outperform a NE-entrance home with defects.

Myth 3: Keeping a Fish Aquarium in the North-East Brings Wealth

This advice has been repeated so many times that people treat it as gospel. The reality is more nuanced. A clean, well-maintained aquarium with an odd number of healthy fish in the north zone (not necessarily NE) can support the water element and activate the opportunity zone.

However, a dirty, poorly maintained aquarium with dead or dying fish does the opposite. It introduces stagnant, tamasic energy. If you are not committed to maintaining an aquarium properly, do not keep one. A simple bowl of clean water changed daily is more effective and much easier to manage.

Myth 4: Pyramids and Yantras Fix Everything

The Vastu products industry sells copper pyramids, brass yantras, crystal formations, and dozens of other objects that

claim to fix any Vastu defect. The marketing is aggressive and the prices are high.

Here is the reality: no single object can override a structural Vastu imbalance. A small copper pyramid cannot compensate for a toilet in the north-east. A yantra on the wall cannot fix a kitchen in the north.

These objects can play a supporting role in a comprehensive correction plan. But they are not solutions in themselves. Any consultant who sells you a product as a standalone fix is prioritising their revenue over your results.

Myth 5: Vastu Only Works If You Believe in It

Vastu is based on directional energies, elemental balance, and spatial geometry. These forces do not require your belief to operate, just as gravity does not require you to believe in it before it works.

A properly aligned home benefits its residents whether they believe in Vastu or not. An imbalanced home creates problems whether the residents are aware of Vastu or not. Your belief can affect your attitude and behaviour, but it does not change the directional properties of your home.

Myth 6: Tuesday and Saturday Are Bad Days to Start Construction

This is an astrological belief, not a Vastu principle. Vastu Shastra is a science of space and direction. It does not prescribe

auspicious days or times. That is the domain of Jyotish (astrology), which is a separate discipline.

If you choose to follow muhurta (auspicious timing) for construction, that is a personal choice. But do not confuse it with Vastu. The two systems can complement each other, but they are not the same.

Myth 7: Placing a Swastik or Om Symbol on the Door Fixes Vastu

Religious symbols carry spiritual significance and can create positive energy through devotion and intent. But they do not function as Vastu corrections for structural defects. A Swastik on the door of a home with major zone imbalances will not resolve the imbalances.

By all means, place sacred symbols on your door if it is part of your spiritual practice. But do not treat it as a substitute for proper Vastu analysis and correction.

Vardhini Vastu Tip: If a Vastu tip sounds too simple to fix a complex problem, it probably is. Real Vastu corrections require analysis, precision, and sustained effort. There are no shortcuts.

Myth-Busting Self-Audit

- ☐ Have I rejected any property solely because it was south-facing?
- ☐ Am I relying on any Vastu product as a standalone fix?
- ☐ Have I confused Vastu (space science) with astrology (time science)?
- ☐ Am I following Vastu rules from the internet without verifying their source?
- ☐ Do I believe Vastu only works if I believe in it?

Chapter 14: The Vardhini Vastu Method

Throughout this book, I have referenced the principles and approach that guide my practice. In this chapter, I bring them together into a single, clear framework. This is the Vardhini Vastu Method: the system that has helped thousands of clients achieve measurable results without breaking a single wall.

The Four Pillars

Pillar 1: Degree-Accurate 16-Zone Analysis

Every consultation begins with a precise compass reading. Not a rough estimate. Not a builder's site plan direction. A degree-accurate reading taken at the geometric centre of the property.

We then map the entire floor plan across 16 directional zones, each spanning 22.5 degrees. This granularity is what separates a generic Vastu opinion from a precise Vastu diagnosis.

A doctor who says "your problem is in your abdomen" is less useful than one who says "the issue is in the lower-right quadrant of your abdomen, consistent with appendicitis." The same applies to Vastu. Precision is everything.

Pillar 2: 100% Non-Demolition Corrections

We do not recommend demolition under any circumstances. Not for toilets, not for kitchens, not for doors. Every defect has a non-structural correction.

Our corrections use the five tools described in Chapter 10: colour, object placement, light and darkness, water elements, and salt and earth elements. These tools, applied with zone-specific precision, can address even the most severe defects.

The reason is simple: Vastu is about energy, not walls. If you fix the energy, the walls can stay where they are.

Pillar 3: Element-Based Balancing

Every zone in your home is governed by one of the five elements: earth, water, fire, air, and space. When the correct element is present in the correct zone, that zone is balanced. When the wrong element dominates, the zone is disturbed.

Our corrections work by introducing or strengthening the correct element in each zone. This is not about following a checklist. It is about understanding the elemental profile of your specific property and making targeted adjustments.

Pillar 4: Measurable, Time-Bound Results

Every correction comes with an expected timeline. We do not make vague promises. When we make a correction, we tell you when you should start noticing changes. If the expected timeline passes without improvement, we reassess and adjust.

Typical timelines are 21 to 45 days for minor corrections, 45 to 90 days for moderate corrections, and 90 to 180 days for major

corrections. We track progress and stay engaged until results are visible.

How a Vardhini Vastu Consultation Works

59. **Initial Assessment:** You share your floor plan and property details. We take or verify compass readings.
60. **16-Zone Mapping:** Your floor plan is mapped across all 16 zones with exact degree alignments.
61. **Defect Identification:** Every zone is analysed for elemental imbalances, wrong placements, and energy blocks.
62. **Correction Plan:** A detailed, room-by-room correction plan is prepared. Every correction is non-structural and includes specific instructions for implementation.
63. **Implementation Guidance:** We guide you through the implementation, answering questions and ensuring every correction is placed accurately.
64. **Follow-Up:** We check in at the expected timeline markers to assess results and make any necessary adjustments.

Why This Method Works

The Vardhini Vastu method works because it is rooted in three things that most modern Vastu practice has abandoned:

- **Classical textual knowledge:** Our approach is grounded in original Sanskrit texts on architecture and spatial design. We do not follow trends, hearsay, or marketing-driven Vastu.

- **Scientific precision:** Degree-accurate readings and 16-zone mapping eliminate guesswork. Every recommendation is specific to your property.
- **Practical applicability:** Every correction can be implemented today, in your current home, without calling a contractor. This is Vastu that works for renters, apartment owners, and homeowners alike.

Vardhini Vastu Tip: The Vardhini Vastu method is not about products, superstition, or fear. It is about precision, balance, and practical results. If a correction does not produce results within the expected timeline, we adjust the approach. That is the difference between a method and a guess.

Chapter 15: Case Studies — Real Corrections, Real Results

Theory is important. But proof is what builds confidence. In this chapter, I share five case studies from real consultations. Names and identifying details have been changed to protect client privacy, but the Vastu findings and results are exactly as they occurred.

Case Study 1: The IT Professional Who Could Not Get Promoted

Client: Software architect, 38, working for a global technology company in Bangalore.

Problem: Passed over for promotion four times in five years despite excellent performance reviews. Always given more responsibility but never the title or compensation to match.

Findings: 3BHK flat in Whitefield facing 102 degrees (East-South-East). Home office in the north-west zone. Desk facing west. Back to window. North zone had a storeroom packed with old furniture and moving boxes from when the client first moved in three years ago.

Corrections: Home office moved to the north zone (the cleared storeroom, repainted light blue). Desk positioned facing east with back to a solid wall. Heavy bookshelf placed behind the chair. The old storeroom items were donated or discarded.

Result: Promoted to Senior Architect within four months. Received a 30% compensation increase. Client reported feeling "more visible" in meetings and more confident in negotiations.

Case Study 2: The Restaurant That Was Bleeding Money

Client: Restaurant owner, 45, running a mid-range dining restaurant in JP Nagar, Bangalore.

Problem: Good location, good food, positive reviews online. But monthly losses for eight consecutive months. Walk-in customers declining. Staff turnover high.

Findings: Restaurant facing 278 degrees (West). Cash counter in the north-east. Kitchen in the north zone. Main entrance partially blocked by a large chalkboard menu sign. Owner's desk in the east zone facing south.

Corrections: Cash counter moved to the south-east. Kitchen received fire-dampening corrections (green accents, improved ventilation). Entrance chalkboard replaced with a slim wall-mounted menu that did not obstruct the doorway. Owner's seat moved to the south-west corner facing north.

Result: Walk-in customers increased within the first month. By month three, the restaurant was breaking even. By month six, consistent profitability had returned. Staff turnover dropped.

Case Study 3: The Couple on the Verge of Divorce

Client: Married couple, mid-30s, living in a 2BHK flat in HSR Layout, Bangalore.

Problem: Constant arguments over trivial matters. Emotional distance. Separate sleeping schedules. Both considering separation.

Findings: Flat facing 140 degrees (South-East). Master bedroom in the south-east zone. Bed head pointing north. Full-length mirror facing the bed. Red curtains and red accent wall. North-west zone of the flat used as a store room with unused exercise equipment.

Corrections: Bed repositioned with head towards south. Mirror covered at night. Red curtains replaced with light green. Accent wall repainted cream. NW storeroom cleared and cleaned. Heavy wardrobe moved to SW corner of bedroom.

Result: Arguments reduced noticeably within three weeks. The couple began eating meals together again. By month two, they reported feeling "reconnected." By six months, they had taken their first holiday together in two years.

Case Study 4: The Child Who Stopped Studying

Client: Parents of a 14-year-old boy. 3BHK villa in Sarjapur Road, Bangalore.

Problem: Previously good student, suddenly dropped to bottom third of class. Refused to study. Spent hours on phone. Irritable and withdrawn.

Findings: Child's bedroom in the south-east zone. Study desk facing south. Room painted bright orange. TV and gaming console in the room. North-east zone of the home had a heavy wooden cupboard blocking natural light.

Corrections: Study desk repositioned to face north-east. Room repainted light green. TV and gaming console moved to the living room (NW zone). Heavy cupboard in the NE of the home relocated to the south-west. Child's bedroom ventilation improved with lighter curtains.

Result: Within 45 days, the child's study hours increased naturally. By the next exam cycle, grades had improved significantly. Parents reported the child was calmer and more communicative.

Case Study 5: The NRI Whose Investment Property Was Draining Wealth

Client: NRI based in Dubai, owning a flat in Electronic City, Bangalore, rented out to tenants.

Problem: The flat had been vacant for 11 months despite being in a sought-after complex. When tenants did stay, they always broke the lease early. Maintenance costs were mounting.

Findings: Flat facing 215 degrees (South-South-West). Main entrance in the exact south-west. The north and north-east zones were occupied by the bathrooms (both). The Brahmasthan had a structural pillar.

Corrections (remote, implemented by a local contact): Main entrance strengthened with a heavier door and a pair of

stone planters flanking it. Both bathrooms cleaned thoroughly and fitted with salt bowls, improved ventilation, and warm lighting. Area around the Brahmasthan pillar cleared and well-lit. South-east zone activated with a red ceramic lamp.

Result: The flat was rented within 40 days of corrections. The tenant renewed the lease twice. The client reported no further vacancy issues over the following 18 months.

These case studies share a common thread: the problems were real, the analysis was precise, and the corrections were non-structural. No wall was broken. No room was demolished. Energy was balanced, and results followed.

Chapter 16: Your 30-Day Vastu Action Plan

You have read 15 chapters. You understand the zones, the elements, the common mistakes, and the correction tools. Now it is time to act.

This chapter gives you a structured, 30-day plan to assess and improve the Vastu of your home. Follow it step by step. Do not try to do everything at once. The plan is designed to create gradual, sustainable improvement.

Week 1: Assess and Map (Days 1 to 7)

Day 1 – 2: Compass Reading

Take a degree-accurate compass reading at your main entrance. Stand inside, face out, and note the exact degree. This is your home's facing direction.

Day 3 – 4: Floor Plan Mapping

Get or draw your floor plan. Overlay the 16-zone grid using the compass reading as your reference. Label each zone.

Day 5 – 7: Zone Audit

Walk through each zone and note what is there. Which rooms, fixtures, and objects occupy each zone? Write it all down. Do not judge yet. Just observe and record.

Week 2: Quick Wins (Days 8 to 14)

Day 8: Fix All Water Leaks

Inspect every tap, pipe, toilet, and tank. Fix every leak you find. This is the simplest and most impactful correction.

Day 9 – 10: Declutter the North-East

Clear everything from the NE zone that does not need to be there. Clean the space thoroughly. Let light and air in.

Day 11 – 12: Declutter the North

Repeat for the north zone. Remove heavy furniture, junk, and stored items. Make it light and open.

Day 13 – 14: Fix Mirror and Bed Positions

Cover or reposition mirrors that face beds. Adjust bed heads to point south or east. Remove electronics from bedrooms that are not essential.

Week 3: Zone Corrections (Days 15 to 21)

Day 15 – 16: Strengthen the South-West

Move your heaviest furniture to the SW zone. If the SW is light or empty, fill it with substantial pieces.

Day 17 – 18: Activate the South-East

If the kitchen is in the SE, deep clean it. If not, place a fire element (red object, terracotta lamp) in the SE zone of your living room.

Day 19 – 20: Water Element Placement

Place a clean bowl of water in the north zone. Change it daily. If you have a water purifier or indoor fountain, ensure it is in the north, NE, or east.

Day 21: Salt Placement

Place bowls of rock salt near any toilet in a problematic zone (NE, N, or SE). Set a reminder to replace the salt every 15 days.

Week 4: Fine-Tuning and Maintenance (Days 22 to 30)

Day 22 – 24: Colour Corrections

Assess each room's colour against its zone's element. Repaint or add coloured accents where needed. Light colours for NE and N. Warm colours for SE. Earthy colours for SW.

Day 25 – 27: Lighting Corrections

Add bright lights to zones that need activation (N, E, SE). Soften lights in zones that need calm (SW, S).

Day 28 – 30: Create a Maintenance Routine

Set weekly reminders to: keep the NE and N zones clean, change the water element daily, replace salt bowls every 15 days, and check that no clutter has crept back into corrected zones.

At the end of 30 days, you will have a mapped, assessed, and corrected home. The effects will begin to show within the timelines described in Chapter 10. Keep maintaining your corrections consistently, and the improvements will compound over time.

30-Day Action Plan Summary

- ☐ Week 1: Compass reading, floor plan mapping, zone audit
- ☐ Week 2: Fix leaks, declutter NE and N, fix bed and mirror positions
- ☐ Week 3: Strengthen SW, activate SE, place water and salt elements
- ☐ Week 4: Colour corrections, lighting corrections, maintenance routine

About the Author

Raghavendra V Hebbur is the founder of Vardhini Vastu, one of Bangalore's most trusted Vastu consultancy firms. With over a decade of hands-on consulting experience, he has helped thousands of homeowners, business owners, and property buyers across India create spaces that support health, prosperity, and peace of mind — all without a single wall being broken.

His methodology is built on degree-accurate 16-zone directional analysis, a precision framework that maps every property across 16 distinct directional zones rather than the usual 4 or 8. This approach is grounded in classical Indian architectural texts, including the Aparajitaprccha, a 12th-century Sanskrit treatise on architecture and temple design, which Raghavendra is currently translating.

Raghavendra also heads Soma Vastu, a specialised sub-brand of Vardhini Vastu, and co-founded VastuOne, a pan-India Vastu consultancy network with senior practitioners in North and West India.

He consults with clients across Bangalore and India, both in-person and through comprehensive online consultations.

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Vardhini Vastu Services

If this book has helped you see your home in a new light, imagine what a personalised consultation can do.

Vardhini Vastu offers comprehensive, non-demolition Vastu consultancy services for:

- **Residential Vastu:** Room-by-room analysis and corrections for homes, apartments, and villas
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- **Plot Selection:** Degree-accurate directional analysis before you invest in land
- **Pre-Construction Planning:** Vastu-aligned floor plans before the first brick is laid
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- Degree-accurate 16-zone directional mapping of your property
- Detailed defect identification across all zones
- A comprehensive, non-demolition correction plan
- Implementation guidance and follow-up support

Book your consultation today:

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A review does not need to be long. Even a sentence or two about what you found useful, which chapter helped you the most, or what action you took after reading is enormously helpful. Reviews help other readers discover this book and make an informed decision.

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Thank you for reading. Thank you for trusting the Vardhini Vastu approach. And most importantly, thank you for taking action to improve your home and your life.

Raghavendra Hebbur

Founder, Vardhini Vastu

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